

**Dwight R. Moses**  
2957 Alvienia Dr.  
San Jose, Ca 95133  
408.545.8411 (Cell)  
[Dwight\\_Moses@yahoo.com](mailto:Dwight_Moses@yahoo.com)

#### **Highlights of 25 Years Culinary Skills:**

- Associates Degree - Culinary Institute of America, Hyde Park, NY, 1982
- Skilled in all facets of cooking, baking, dining room banquets and buffet banquet set-up.
- Successful in menu planning, purchasing, budgeting, inventory and quality control.
- Competent in computerized Food Management Systems.
- Line Cook/Sauté, grillwork, prepared soups, salads and sauces.

#### **Professional Experiences:**

<b>2015</b>	<b>Hayes Mansion, San Jose</b> <i>Cook II</i> Banquets, buffets, soups, sauces, Breakfast cooking
<b>2009 – 2015</b>	<b>Veterans Housing Facility of Silicon Valley</b> <i>Chef</i> Plan, modify and create daily menus; Train cooks and coordinate/oversee a continual flow of kitchen and dining room personnel; Set and maintained quality control; Order food and supplies; Plan and execute banquets, weddings, parties and special events.
<b>2008 – 2013</b>	<b>Veterans Administration Palo Alto, CA.</b> <i>Food Service Worker</i> Meal preparation; Setting up and cleaning the food service area; Assisted in the operation of equipment according to safety procedures.
<b>2007 - 2010</b>	<b>Domiciliary (HVRP) Menlo Park, CA.</b> <i>Voluntary Chef / Instructor</i> Communicated with staff to coordinate and plan meals for at least 10 events each month; Trained clients in food sanitation and kitchen equipment safety; Instructed a cooking class designed to help veterans prepare basic meals with an emphasis on food safety.
<b>2006 – 2007</b>	<b>The Orinda House, Orinda, CA</b> <i>Chef</i> Planned menus and weekly specials; Trained cooks; Set and maintained quality control; Insured proper ordering and food cost; Staff scheduling.
<b>2002 – 2005</b>	<b>Elite Catering, Oakland, CA</b> <i>Chef</i> Brunch cook; Line cook; Created sauces and special dishes, catering, private dinners, parties and weddings.
<b>2001 – 2002</b>	<b>American Baptist Homes of the West, Pleasanton, CA</b> <i>Director of Dining Service/ Executive Chef</i> Trained Food Service Staff; Input payroll; Set up ordering systems; Arranged catering and banquets; Setup menus for different facilities and oversaw all chefs.
<b>1996 – 2001</b>	<b>Service Master Management Company, Campbell, CA</b> <i>Food Production Manager / Chef</i> Developed menu plans; Hired, trained, supervised and evaluated 30+ employees; Oversaw food production of three facilities

#### **Education and Training:**

- ServSafe Food Protection Manager Certificate – Premier Food Safety, Fullerton, CA., Expiration 07/13/2018
- Baking course Cakes, Pies, and Breads - Laney College
- Professional Development & Intro to Computers (Classes) – Foothill College, Los Altos Hills, CA.
- Military Services: US Air Force and US Army National Guard (Honorable Discharge)



# References

For

Dwight R. Moses

408-545-8411

dwight moses@yahoo.com

Sonya Spencer 650-248-9540  
Lead Cook, Stanford University, Palo Alto Ca.

Pastor Floyd J. Purdy 650-248-7347  
Faith Baptist Church, Palo Alto, Ca.

John E. Irwin 408-313-8522  
Owner John John's BBQ, San Jose, Ca.

Reverend Dr. Cartwright 510-253-5587  
Veterans Spiritual Center

Christine Bryant 510-390-8213  
Personal Friend, Hayward, Ca.



## Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

14/20 = 70%

- 1) A gallon is equal to \_\_\_\_ounces  
a. 56  
b. 145  
c. 32  
d. 128
- 2) Mesclun are what type of vegetable?  
a. Roots  
b. Beans  
c. Salad Greens  
d. Spices
- 3) What does the term braise mean?  
a. Sear quickly on both sides  
b. Slowly cook in covered pan with little liquid  
c. Cook on high heat and quickly  
d. Slowly cook in simmering water
- 4) At what internal temperature must chicken be cooked so that it is safe to eat?  
a. 155 degrees F  
b. 165 degrees F  
c. 175 degrees F  
d. 185 degrees F
- 5) How do you blanche vegetables?  
a. Immerse for a short time in boiling water  
b. Cook lightly in butter over med heat  
c. Soak in cold water overnight  
d. Rub with salt before cooking
- 6) Which of the following ingredients would you pack before measuring?  
a. Olive Oil  
b. Salt  
c. Brown Sugar  
d. White Sugar
- 7) What is Al Dente?  
a. Firm but not hard  
b. Soft to the touch  
c. Very hard  
d. Very soft
- 8) Food should be left out no more than  
a. 2 hours  
b. 3 hours  
c. 4 hours  
d. 5 hours

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\_\_\_\_\_ 9) Which is the improper way to thaw frozen food?  
a. In the fridge  
b. In a sink with cold water  
 c. On the counter  
d. In the microwave

\_\_\_\_\_ 10) Which of the following can you use to put out a grease fire?  
 a. Baking Soda  
b. Baking Powder  
c. Flour  
d. Water

\_\_\_\_\_ 11) What is the temperature range of the danger zone?  
 a. 25-135  
 b. 40-140  
c. 50-160  
d. 30-130

\_\_\_\_\_ 12) Which of the following is listed from smallest to largest?  
a. Dice, chop, mince  
b. Mince, chop, dice  
c. Chop, dice, mince  
 d. Mince, dice, chop

\_\_\_\_\_ 13) Which direction should pan handles be turned while cooking on the stove?  
 a. Over the fire at all times  
 b. Turned towards you for better control  
 c. Turned towards the right or left at all times  
d. Over the countertop at all times

\_\_\_\_\_ 14) When you poach something, you cook it with what?  
a. Noodles  
b. Vegetables  
 c. Liquid  
d. Oil

\_\_\_\_\_ 15) Which spoon is used to remove fat from soups and stews  
 a. Basting Spoon  
 b. Ladle  
c. Slotted Spoon  
d. Portion Spoon

\_\_\_\_\_ 16) Which of the following means to cook in a small amount of fat?  
 a. Season  
 b. Sauté  
c. Broil  
d. Boil  
e. Fry

## Prep Cooks Test

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17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8" dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

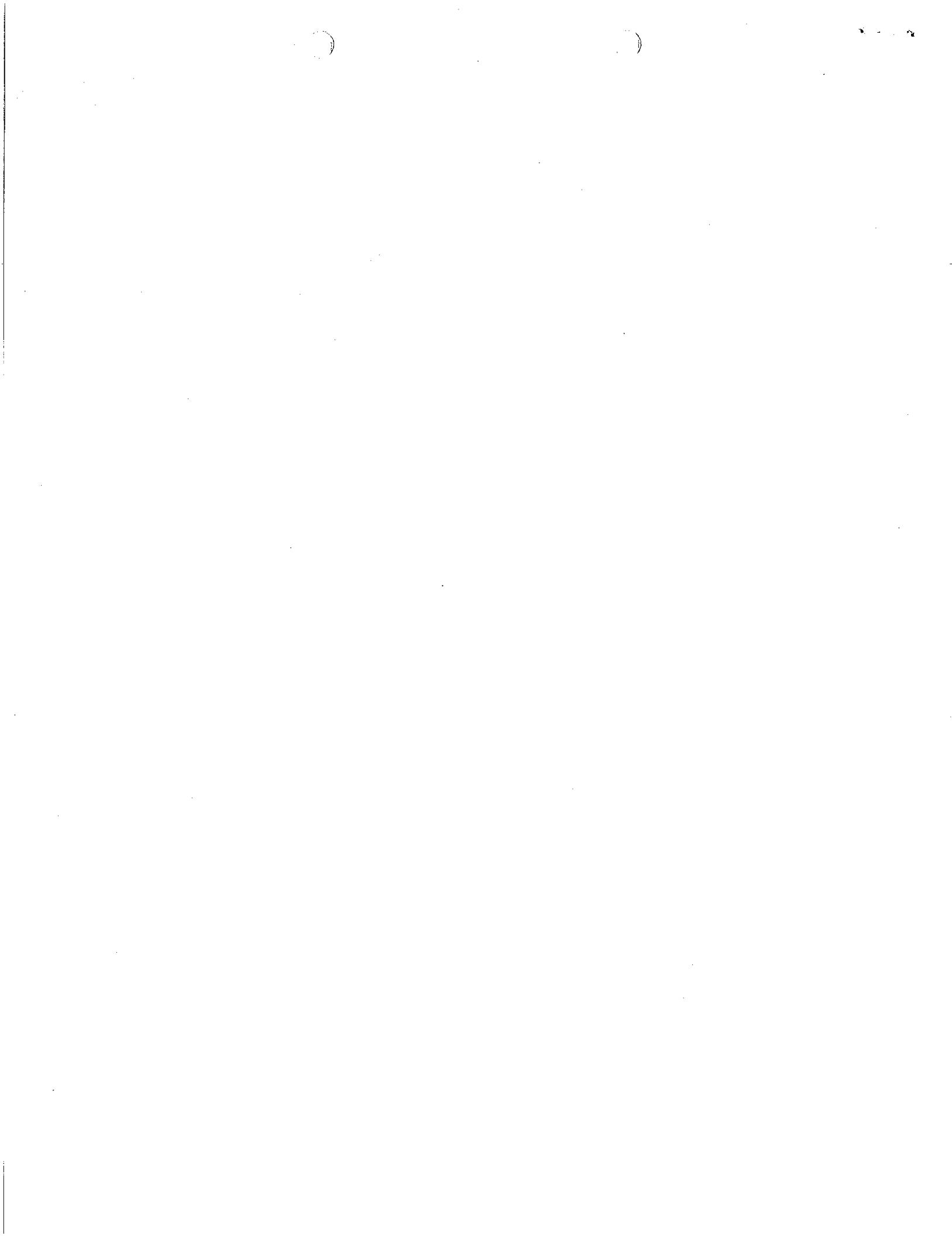
18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) Salt & pepper are the basic seasoning ingredients for all savory recipes.

20) DICE: to cut into very small pieces when uniformity of size and shape is not important.



**Grill Cooks Test**

**Score / 40**

**Multiple Choice Test** (1 point each)

$34/40 = 85\%$

1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature

9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth

## Grill Cooks Test

10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

12) A gallon is equal to \_\_\_\_\_ ounces

- a) 56
- b) 145
- c) 32
- d) 128

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

15) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

## Grill Cooks Test

19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

Thinking, Soup and sauce.

OR. Lieg Roux is Fat and flour

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

Heat Butter To Remove whey and ~~water~~ on top

Separating a product

25) What are the 5 mother sauces? (5 points)

1. white
2. Brown
3. Tomato
4. Mayo
5. Fanci Veloutte

26) What does it mean to season a grill and why is this process important? (3 points)

Keeps the Food from sticking

27) What are the ingredients in Hollandaise sauce? (5 points)

Egg yolks

Butter

Lemon juice

Salt

White Pepper

Water

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**NOTICE TO EMPLOYEE**  
*Labor Code section 2810.5*

**EMPLOYEE**

Employee Name: DWIGHT MOSES

Start Date: 3/8/17

**EMPLOYER**

Legal Name of Hiring Employer: S.E Scher

Is hiring employer a staffing agency/business (e.g., Temporary Services Agency; Employee Leasing Company; or Professional Employer Organization [PEO])?  Yes  No

Other Names Hiring Employer is "doing business as" (if applicable):

Acrobat Outsourcing

Physical Address of Hiring Employer's Main Office:

665 Third St. Suite 415, San Francisco, CA. 94107

Hiring Employer's Mailing Address (if different than above):

Hiring Employer's Telephone Number: 415-431-8826

If the hiring employer is a staffing agency/business (above box checked "Yes"), the following is the other entity for whom this employee will perform work:

Name: \_\_\_\_\_

Physical Address of Main Office: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

**WAGE INFORMATION**

Rate(s) of Pay: \$16.00 Overtime Rate(s) of Pay: \$24.00

Rate by (check box):  Hour  Shift  Day  Week  Salary  Piece rate  Commission

Other (provide specifics): \_\_\_\_\_

Does a written agreement exist providing the rate(s) of pay? (check box)  Yes  No

If yes, are all rate(s) of pay and bases thereof contained in that written agreement?  Yes  No

Allowances, if any, claimed as part of minimum wage (including meal or lodging allowances):

(If the employee has signed the acknowledgment of receipt below, it does not constitute a "voluntary written agreement" as required under the law between the employer and employee in order to credit any meals or lodging against the minimum wage. Any such voluntary written agreement must be evidenced by a separate document.)

Regular Payday: FRIDAY

## WORKERS' COMPENSATION

Insurance Carrier's Name: Integro USA Inc. dba Integro Insurance Brokers

Address: 1 State Street Plaza, 9<sup>th</sup> floor, New York, NY. 10004

Telephone Number: 212-295-5440

Policy No.: LDC4042609 AOS

Self-Insured (Labor Code 3700) and Certificate Number for Consent to Self-Insure: \_\_\_\_\_

### PAID SICK LEAVE

Unless exempt, the employee identified on this notice is entitled to minimum requirements for paid sick leave under state law which provides that an employee:

- a. May accrue paid sick leave and may request and use up to 3 days or 24 hours of accrued paid sick leave per year;
- b. May not be terminated or retaliated against for using or requesting the use of accrued paid sick leave; and
- c. Has the right to file a complaint against an employer who retaliates or discriminates against an employee for
  1. requesting or using accrued sick days;
  2. attempting to exercise the right to use accrued paid sick days;
  3. filing a complaint or alleging a violation of Article 1.5 section 245 et seq. of the California Labor Code;
  4. cooperating in an investigation or prosecution of an alleged violation of this Article or opposing any policy or practice or act that is prohibited by Article 1.5 section 245 et seq. of the California Labor Code.

The following applies to the employee identified on this notice: (Check one box)

1. Accrues paid sick leave only pursuant to the minimum requirements stated in Labor Code §245 et seq. with no other employer policy providing additional or different terms for accrual and use of paid sick leave.

2. Accrues paid sick leave pursuant to the employer's policy which satisfies or exceeds the accrual, carryover, and use requirements of Labor Code §246.

3. Employer provides no less than 24 hours (or 3 days) of paid sick leave at the beginning of each 12-month period.

4. The employee is exempt from paid sick leave protection by Labor Code §245.5. (State exemption and specific subsection for exemption): \_\_\_\_\_

### ACKNOWLEDGEMENT OF RECEIPT

(Optional)

Erika Komatsu

(PRINT NAME of Employer representative)

(SIGNATURE of Employer Representative)

(Date)

Dawn M. R. Hayes

(PRINT NAME of Employee)

(SIGNATURE of Employee)

(Date)

The employee's signature on this notice merely constitutes acknowledgement of receipt.

Labor Code section 2810.5(b) requires that the employer notify you in writing of any changes to the information set forth in this Notice within seven calendar days after the time of the changes, unless one of the following applies: (a) All changes are reflected on a timely wage statement furnished in accordance with Labor Code section 226; (b) Notice of all changes is provided in another writing required by law within seven days of the changes.